

# Just For Today

Tell yourself:

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY, I will have faith in someone in NA, who believes in me and wants to help me in my recovery.

JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

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# Contacts

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**3<sup>rd</sup> Step Prayer:**  
**Many of us have said,**  
**“Take my will and my life.**  
**Guide me in my recovery.**  
**Show me how to live”**

### Meeting Type Codes:

O	Open (open to the public and addicts)
C	Closed (for addicts or those who think they may have a drug problem)
CF	Child Friendly
D/T	Discussion/Topic Meeting
W	Wheelchair accessible
L	Literature Meeting/Book Study
S	Speaker Meeting

# NARCOTICS ANONYMOUS NEWFOUNDLAND AND LABRADOR AREA



Meeting Directory Information Line:  
Newfoundland and Labrador (709) 728 -9084  
Canadian Atlantic Region 1 800 564 0228

Websites:

[www.nlareana.ca](http://www.nlareana.ca)

[www.carna.ca](http://www.carna.ca)

[www.na.org](http://www.na.org)

Effective Date: 31<sup>st</sup> July 2024.

For the most up to date meeting info call the NA  
Information Line at: 709 -728 -9084

Newfoundland and Labrador Area Service  
Committee (NLASC) of Narcotics Anonymous  
P.O. Box 26045  
LeMarchant Rd.  
St. John's NL A1E 0A5

## MEETINGS OUTSIDE ST. JOHN'S

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### Clarenville

Wednesday & Saturday – Clean and Serene – The Reach Hub, 8B Thompson Street. 6:30pm – 7:30pm. Meeting type: C/T

### Carbonear

Friday: Hope and Peace – U Turn Building. 19 Industrial Crescent. 7:00pm – 8:00pm. Meeting Type: C/D except O/D last Friday of the month

### Gander

Thursday – New Beginnings – Evangel Church. 7:00pm – 8:00pm. Meeting type: O

### Kelligrews

Sunday – Out of the Ashes – 925 Conception Bay Highway. 6:00pm – 7:00pm. Meeting type: O/T/D/W

### Labrador City

Tuesday – Labrador West Clean and Serene -Labrador City Health Center, 1700 Nichols-Adam Highway. 8:00pm-9:00pm. Meeting Type: O/T/D/W, Conference room A – Across from Mental Health & Addictions Services

Saturday – Labrador West Clean and Serene -Labrador City Health Center, 1700 Nichols-Adam Highway. 8:00pm – 9:00pm. Meeting Type: O/L/W, Conference room A – Across from Mental Health & Addictions Services

### Lewisporte

Monday – New Life Recovery Group – Philadelphia Pentecostal Tabernacle (side entrance) - 362 Main Street. 7:00pm – 8:00pm. Meeting type: C/D/W

## ST. JOHN'S MEETINGS

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Monday – Shelter from the Storm – 10 St. Clare's Ave. (Church of the Good Samaritan). 10:30am – 11:30am  
Meeting type: O/D/W

Monday – The Hope Group – Ches Penney New Center of Hope, 18 Springdale Street. 8:00pm – 9:00pm. Meeting type: O/T/D/W – Use main entrance, greeter at the door as this door is always locked

Tuesday – The New Awakenings Group – The Lantern, 35 Barnes Road. 7:30pm – 8:30pm. Meeting type: O/T/D/W

Wednesday – The Hope Group – Ches Penney New Center of Hope, 18 Springdale Street. 8:00pm – 9:00pm. Meeting type: O/T/D/W. Use main entrance, greeter at the door as this door is always locked

Thursday – Openminded Group – The Cornerstone Ministries, 13 Ricketts Road. 7:00pm – 8:00pm. Meeting type: O/T/D/W/CF

Friday – The New Awakenings Group – The Lantern, 35 Barnes Road. 7:30pm – 8:30pm. Meeting type: C/L/D/W

Saturday – Just for Today (JFT) Group – Cornerstone Ministries, 13 Ricketts Road. 1:30pm – 2:30pm. Meeting type: O/T/D/W/CF

Sunday – The New Awakenings Group – The Lantern, 35 Barnes Road. 7:30pm – 8:00pm. Meeting type: O/T/D/W

## ONLINE ZOOM MEETINGS

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Monday – New Beginnings - Meeting ID: 85361882647 8 7:00pm – 8:00pm Meeting type: O/T/D

Monday – The Hope Group Meeting ID: 112835261 8:00pm – 9:00pm Meeting type: O/T/D

Tuesday – Brothers and Sisters Group Meeting ID: 86188803002 8:00pm – 9:00pm Meeting type: O/T/D

Wednesday – Brothers and Sisters Group Meeting ID: 86188803002, 8:00pm – 9:00pm. Meeting type: O/T/D

Thursday – The Just for Today Group Meeting ID: 82831308286 Password: jft2021, 8:00pm – 9:00pm Meeting type: O/T/D.

Friday - Shelter from the Storm \*Women's and Non-Binary Meeting". Group Meeting ID: 86188803002, 12:00pm – 1:00pm. Meeting type: O/T/D

Friday – The Hope Group Meeting ID: 696939989 8:00pm – 9:00pm Meeting type: O/T/D

Saturday – Brothers and Sisters Group Meeting ID: 86188803002, 8:00pm – 9:00pm. Meeting type: O/T/D

Sunday – Brothers and Sisters Group Meeting ID: 86188803002 8:00pm – 9:00pm Meeting type: O/T/D